

ARE YOU



TRAFFORD
COLLEGE

COLLEGE READY?

Summer Transition Tasks for Sport

On your sports course you will come across a wide variety of topics to learn about. However, there will be some topics that are common to all of them and it is important for you to have a sound knowledge of these to support you in a successful sports and fitness career. The following tasks will help you gain a grounding in them before your course starts in September.



College Ready Tasks:

TASK 1



Components of Fitness

Research at least 5 of the 11 components of fitness, e.g. flexibility, aerobic endurance and produce a fact sheet for each that contains the following information: name and definition of the component, a brief description of a recognised training method that could be used to improve each component, and a description and a relevant picture of a fitness test that could be used to test each component.



TASK 2



Health and Safety

When preparing to work with a client in the sport and fitness industry you must first ensure that they are healthy enough to take part in any activity you plan to do with them. To do this you would use a health screening questionnaire. Your task is to design a health screening questionnaire that could be used to assess a client's health. You must think of at least 4 questions that could go in each of the following sections:

1. Personal Details, 2. Medical History, 3. Current Exercise Habits, 4. Lifestyle. You should also consider the presentation of your questionnaire making it client friendly.



TASK 3



Career Aspirations

Research a range of different job roles within the Sports, Fitness and Leisure industries produce a written or video on what your career aspirations are, e.g. sports coach, PE teacher, Fitness Instructor. Include why you want to work in that role and what your own skills and qualities are which would make you good at it.



Use these websites to help you with the tasks below and develop your understanding of the sector:



American College of Sports Medicine
www.acsm.org



British Association of Sport and Exercise Sciences
www.bases.org.uk



Coachwise
www.1st4sport.com



Human Kinetics
www.humankinetics.com



Sport Science
www.sportsci.org



Sports Coach UK
www.sportscoachuk.org



Top End Sports
www.topendsports.com

Good luck with these tasks and, on behalf of the Sports team, we look forward to seeing you at enrolment.

Damian Harris - Head of Sport & Public Services